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HEAD OFFICE

P.O. Box: 22743, Riyadh 11416 K.S.A.Tel: 00966-01-4033962/4043432 Fax: 4021659

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Fax: 718-625 1511

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Leyton Business Centre

Unit - 17, Etloe Road, Leyton, London, E10 7BT

Tel: 00 44 20 8539 4885 Fax: 00 44 20 8539 4889

Mobile: 00 44 7947 306 706

Darussalam International Publications Limited

146 Park Road,

London NW8 7RG Tel: 00 44 20 725 2246

Darussalam

398-400 Coventry Road, Small Heath

Birmingham, B10 0UF

Tel: 0121 77204792 Fax: 0121 772 4345

E-mail: info@darussalamuk.com

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INTRODUCTION

Surely all praise is for Allâh. We praise Him and seek His assistance. We seek His forgiveness and we seek refuge in Him from the evil of our own souls and from the wickedness of our deeds. Whomever He guides shall never go astray, and whomever He allows to stray shall never find guidance. I bear witness that none has the right to be worshipped but Allâh, alone, Who has no partner, and I bear witness that Muhammad is His slave and His Messenger. May the peace and blessings of Allâh be upon him and upon his family and his Companions and upon those who follow them in piety until the Day of Judgment.

This book¹ is an abridgment of my earlier work entitled, *Adh-Dhikr wad-Du'a wal-'Ilâj bir-Ruqyah minal-Kitâb was-Sunnah*. In order to make it small and easily portable, I have chosen only the section on words of remembrance for this abridgment. To achieve this, I only mentioned the text of the words of remembrance instead of the entire Hadith. I also limited myself to mentioning only one or two references from the original book for each Hadith. Whoever would like to know about the Companion who related a particular Hadith, or more information about where it is recorded, should refer to the original work (mentioned above).

I ask Allâh the Glorious, the Mighty, by His beautiful Names and by His sublime Attributes to accept this as having been done sincerely for His sake alone. I ask Him to bring me its benefits during my lifetime and after my death. May those who read it, those who print it, or have had any role in distributing it, benefit from it also. Surely He, glory be unto Him, is Capable of all things. May the peace and blessings of Allâh be upon our Prophet, Muhammad, and upon his family and Companions and whoever follows them in piety until the Day of Judgment.

Sa'id bin Ali bin Wahaf Al-Qahtani

Safar, 1409H

¹ *Hisnul-Muslim min Adhkâril-Kitâb was-Sunnah*, seventeenth edition printed in the month of Dhul-Qa'dah, 1416H.

THE VIRTUE OF REMEMBERING ALLAH

Allâh the All-Mighty has said:

﴿فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ﴾

"Therefore remember Me. I will remember you. Be grateful to Me and never show Me ingratitude."²

And He said:

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا﴾

"Oh you who believe, remember Allâh with much remembrance."³

And He said:

﴿وَالذَّكِرِينَ اللَّهُ كَثِيرًا وَالذَّاكِرَاتِ أَعَدَّ اللَّهُ لَهُم مَّغْفِرَةً وَأَجْرًا عَظِيمًا﴾

"And the men and women who remember Allâh frequently, Allâh has prepared for them forgiveness and a great reward."⁴

And He said:

﴿وَاذْكُرْ رَبَّكَ فِي نَفْسِكَ تَضَرُّعًا وَخِيفَةً وَدُونَ الْجَهْرِ مِنَ الْقَوْلِ بِالْغُدُوِّ وَالْآصَالِ وَلَا تَكُن مِّنَ الْغَافِلِينَ﴾

"And remember your Lord by your tongue and within yourself, humbly and in awe, without loudness, by words in the morning and in the afternoon, and be not among those who are neglectful."⁵

The Prophet ﷺ said: "He who remembers his Lord and he who does not remember his Lord are like the living and the dead."⁶

² 2:152. Meanings of *Ayât* from the Qur'ân in this book are based on The Interpretation of the Meanings of the Noble Qur'ân, by Dr. Muhammad Muhsin Khan, Darussalam, Riyadh, 1994.

³ 33:41.

⁴ 33:35.

⁵ 7:205.

⁶ Al-Bukhâri, cf., Al-Asqalâni, *Fath Al-Bâri* 11/208, Muslim 1/539 with the wording: "The house in which Allâh is remembered and the house in which Allâh is not remembered are like the living and the dead."

And he said, "Shall I not inform you all of the best of your works, the purest of them with your Master (Allâh), the loftiest of them in your stations, the thing that is better for you than spending gold and silver (in charity), and better for you than meeting your enemies and slaying them and being slain by them?" They (the companions) said, "Of course!" He said, "Remembrance of Allâh, the Most High."⁷

And he said: "Allâh the Most High says, 'I am with my slave when he thinks of me and I am with him when he mentions me. For if he mentions me to himself, I mention him to myself; and if he mentions me in a gathering, I mention him in a superior gathering. If he approaches me by a hand's width, I approach him by an arm's length; and if he approaches me by an arm's length, I approach him by two arms' lengths. And if he comes to me walking, I hasten to him swiftly.'"⁸

Abdullah bin Busr said that a man asked the Prophet ﷺ, "Oh Messenger of Allâh! Verily, the sanctions of Islâm have become too numerous for me (to perform them all). Inform me of something (simple) that I may always adhere to." The Prophet ﷺ said "Let your tongue always be moist with the remembrance of Allâh."⁹

And he said: "Whoever reads one letter from the Book of Allâh, will receive one *Hasanah* (reward for a good deed), and one *Hasanah* comes with ten like it. I do not say that *Alif*, *Lam*, *Mim* is a letter. Indeed *Alif* is a letter, and *Lam* is a letter, and *Mim* is a letter."¹⁰

'Uqbah bin 'Amir رضي الله عنه said: "The Messenger of Allâh ﷺ came out (from his house) and we were on the porch (*As-Suffah*). So he said, 'Who of you would like to go out in the morning everyday to the valley of *But-han* or *Al-'Aqeeq* and come back with two large she camels without committing any sin or severing the family ties?' We replied, 'Oh Messenger of Allâh! All of us would like this.' So he said, 'Would one of you not go to the Masjid and learn or recite two verses from the Book of Allâh, the Mighty and Majestic? That

⁷ At-Tirmithi 5/459, Ibn Mâjah 2/1245. See Al-Albâni, *Sahih Ibn Mâjah* 2/316 and *Sahih At-Tirmithi* 3/139.

⁸ Al-Bukhâri 8/171, Muslim 4/2061; this wording is from Al-Bukhâri.

⁹ At-Tirmithi 5/458, Ibn Mâjah 2/1246. See Al-Albâni, *Sahih At-Tirmithi* 3/139 and *Sahih Ibn Mâjah* 2/317.

¹⁰ At-Tirmithi 5/175. See Al-Albâni, *Sahih At-Tirmithi* 9/3 and *Sahih Al-Jâmi' As-Saghir* 5/340.

has been revealed to them, humbling themselves before Allâh. They do not sell the Verses of Allâh for a little price, for them is a reward with their Lord. Surely, Allâh is Swift in account. O you who believe! Have patience and contend in patience, be vigilant and informed, and fear Allâh, so that you may be successful.¹⁸

2. Invocation when getting Dressed

٥ - «الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا (الثَّوبَ) وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ . . .»

5. *Alhamdu lillaahil-lathee kasaanee haatha (ath-thawba) wa razaqaneehi min ghairi hawlim-minnee wa laa quwwatin.*

Praise be to Allâh who has clothed me with this (garment) and provided it for me, though I was powerless myself and incapable.¹⁹

3. Invocation when putting on new clothes

٦ - «اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ كَسَوْتَنِيهِ، أَسْأَلُكَ مِنْ خَيْرِهِ وَخَيْرِ مَا صُنِعَ لَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ»

6. *Allaahumma lakal-hamdu Anta kasawtanihi, as'aluka min khairihi wa khairi maa suni'a lahu, wa a'uthu bika min sharrihi wa sharri maa suni'a lahu.*

Oh Allâh, praise is to You. You have clothed me. I ask You for its goodness and the goodness of what it has been made for, and I seek Your protection from the evil of it and the evil of what it has been made for.²⁰

4. Invocations for someone who has put on new clothes

٧ - «تُبْلِي وَيُخْلِفُ اللَّهُ تَعَالَى»

7. *Tubli wa yukhliful-laahu ta'ala.*

May Allâh replace it when it is worn out.²¹

¹⁸ Qur'ân 3:190-200; Al-Bukhârî, cf. Al-Asqalâni, *Fath Al-Bâri* 8/237, Muslim 1/530.

¹⁹ Al-Bukhârî, Muslim, Abu Dawud, Ibn Mâjah, At-Tirmithî. See also *Irwa'ul-Ghalîl* 7/47.

²⁰ Abu Dawud and At-Tirmithî. See also Al-Albâni, *Mukhtasar Shamâ'il At-Tirmithî*, p. 47.

²¹ Abu Dawud 4/41. See also Al-Albâni *Sahih Abi Dawud* 2/760.

٨ - «الْبَسْ جَدِيدًا، وَعِشْ حَمِيدًا، وَمُتْ شَهِيدًا»

8. *Ilbas jadeedan, wa 'ish hameedan, wa mut shaheedan.*

Put on new clothes, live a praise-worthy life and die as a martyr.²²

5. What to say when undressing

٩. *Bismillaahi* «بِسْمِ اللَّهِ»
In the Name of Allâh.²³

6. Invocation for entering the restroom

١٠ - «[بِسْمِ اللَّهِ] اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ»

10. *[Bismillaahi] Allaahumma innee a'uthu bika minal-khubthi wal khabaa'ith.*

(Before entering) [In the Name of Allâh]. (Then) Oh Allâh, I seek protection in You from the male and female unclean spirits.²⁴

7. Invocation for leaving the restroom

١١ - «غُفْرَانَكَ» *Ghufraanaka*
I seek Your forgiveness.²⁵

8. What to say before performing ablution

١٢ - «بِسْمِ اللَّهِ» *Bismillaahi*
In the Name of Allâh.²⁶

9. What to say upon completing ablutions

١٣ - «أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ»

²² Ibn Mâjah 2/1178, Al-Baghawi 12/41. See also Al-Albâni, *Sahih Ibn Mâjah* 2/275.

²³ At-Tirmithî 2/505, among others. See *Irwa'ul-Ghalîl* no. 49 and *Sahih Al-Jâmi'* 3/203.

²⁴ Al-Bukhârî 1/45, Muslim 1/283. The addition of Bismillâh at its beginning was reported by Sa'îd bin Mansûr. See *Fath Al-Bâri* 1/244.

²⁵ Abu Dawud, Ibn Mâjah and At-Tirmithî. An-Nasâ'i recorded it in *'Amal Al-Yawm wal-Lailah*. Also see the checking of Ibn Al-Qayyim's *Zâd Al-Ma'âd*, 2/387.

²⁶ Abu Dawud, Ibn Mâjah, and Ahmad. See also Al-Albâni, *Irwa'ul-Ghalîl* 1/122.

50. *Allaahum-maktub lee bihaa 'indaka ajran, wa dha' 'annce bihaa wizran, waj'alhaa lee 'indaka dhukhran, wa taqabbalhaa minnee kamaa taqabbal-tahaa min 'abdika Daawooda.*

Oh Allâh, write it as a reward for me, and release me from a burden for it, and make it a treasure for me in Paradise. Accept it from me as You accepted it from your servant Dâwud.⁷¹

22. Invocation for At-Tashahhud (sitting in paper)

٥١ - «التَّحِيَّاتُ لِلَّهِ، وَالصَّلَوَاتُ، وَالطَّيِّبَاتُ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ. أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ»

51. *At-tahiyyaatu lillaahi was-salawaatu, wat-tayyibaatu, as-salaamu 'alaika ayyuhan-Nabiyyu wa rahmatullaahi wa barakaatuhu, as-salaamu 'alaina wa 'alaa 'ibadillaahis saaliheen. Ash-hadu an laa ilaaha illallaahu wa ash-hadu anna Muhammadan 'abduhu wa Rasooluhu.*

All greetings of humility are for Allâh, and all prayers and goodness. Peace be upon you, oh Prophet, and the mercy of Allâh and his blessings. Peace be upon us and upon the righteous slaves of Allâh. I bear witness that there is none worthy of worship but Allâh, and I bear witness that Muhammad is His slave and His Messenger.⁷²

23. How to recite Blessings on the Prophet after the Tashahhud

٥٢ - «اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ»

52. *Allaahumma salli 'alaa Muhammadin wa 'alaa aali Muhammadin, kamaa sallaita 'alaa Ibraaheema wa 'alaa aali Ibraaheema, innaka*

⁷¹ At-Tirmithi 2/473, and Al-Hâkim who graded it authentic and Ath-Thahabi agreed 1/219.

⁷² Al-Bukhâri, Muslim 1/301. See also Al-Asqalâni, *Fath Al-Bâri* 11/13.

Hameedum Majeed. Allaahumma baarik 'alaa Muhammadin wa 'alaa aali Muhammadin, kamaa baarakta 'alaa Ibraaheema wa 'alaa aali Ibraaheema, innaka Hameedum Majeed.

Oh Allâh, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious. Oh Allâh, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.⁷³

٥٣ - «اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى أَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا صَلَّيْتَ عَلَى آلِ إِبْرَاهِيمَ، وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى أَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا بَارَكْتَ عَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ»

53. *Allaahumma salli 'alaa Muhammadin wa 'alaa azwaajihî wa dhur-riyatihî, kamaa sallaita 'alaa aali Ibraaheema. Wa baarik 'alaa Muham-madin wa 'alaa azwaajihî wa dhur-riyatihî, kamaa baarakta 'alaa aali Ibraaheema. Innaka Hameedum-Majeed.*

Oh Allâh, bestow Your favor on Muhammad and upon his wives and progeny as You have bestowed Your favor upon the family of Ibrahim. And bless Muhammad and his wives and progeny as You have blessed the family of Ibrahim, You are full of praise, Most Glorious.⁷⁴

24. Invocations after the final Tashahhud and before ending the prayer

٥٤ - «اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَمِنْ عَذَابِ جَهَنَّمَ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ»

54. *Allaahumma innee a'uthu bika min 'athaabil-qabri, wa min 'athaabi jahannama, wa min fitnatil-mahyaa wal-mamaati, wa min sharri fitnatil-maseehid-dajjaal.*

⁷³ Al-Bukhâri, from Al-Asqalâni, *Fath Al-Bâri* 6/408.

⁷⁴ Al-Bukhâri, from Al-Asqalâni, *Fath Al-Bâri* 6/407.

any of His Messengers," — and they say: "We hear, and we obey. (We seek) Your Forgiveness, our Lord, and to You is the return."

Allâh burdens not a person beyond what he can bear. He gets reward for that (good) which he has earned, and he is punished for that (evil) which he has earned. "Our Lord! Punish us not if we forget or fall into error. Our Lord! Lay not on us a burden like that which You did lay on those before us. Our Lord! Put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness. Have mercy on us. You are our Protector, and help us against the disbelieving people."¹³⁴

١٠٣ - «بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، فَإِنْ أُمَسَّكَتَ نَفْسِي فَارْحَمَهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا، بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ».

103. *Bismika Rabbi wadha'tu janbee, wa bika arfa'uhu, fa'in amsakta nafsee farhamhaa, wa in arsaltahaa fahfadhhaa, bima tahfadhu bihi 'ibaa-dakas-saaliheen.*

With Your Name¹³⁵ my Lord, I lay myself down; and with Your Name I rise. And if my soul You take, have mercy on it, and if You send it back then preserve it as You preserve Your righteous slaves.¹³⁶

١٠٤ - «اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاغْفِرْ لَهَا. اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ».

104. *Allaahumma innaka khalaqta nafsee wa Anta tawaffaahaa, laka mamaatuhaa wa mahyaahaa, in ahyay-tahaa fahfadhhaa, wa in amattahaa faghfir lahaa. Allaahumma innee as'alukal-'aafiyata.*

Oh Allâh, You have created my soul and You take it back. Unto You is its death and its life. If You give it life then preserve it, and if You cause it to die then forgive it. Oh Allâh, I ask You for strength.¹³⁷

¹³⁴ 2:285-6. These two verses will be sufficient for anyone who recites them at night before sleeping. Al-Bukhâri, cf. Al-Asqalâni, *Fath Al-Bâri* 9/94, Muslim 1/554.

¹³⁵ "If any of you rises from his bed and later returns to it let him dust off his bed with his waist garment three times and mention the Name of Allâh, for he does not know what may have entered the bed after him, and when he lies down he should say..."

¹³⁶ Al-Bukhâri 11/126 and Muslim 4/2084.

¹³⁷ Muslim 4/2083 and Ahmad 2/79.

١٠٥ - «اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ»

105. *Allaahumma qinee 'athaabaka yawma tab'athu 'ibaadaka.*

Oh Allâh,¹³⁸ save me from Your punishment on the Day that You resurrect Your slaves. (Recite three times in Arabic.)¹³⁹

١٠٦ - «بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا»

106. *Bismika Allaahumma amootu wa ahyaa.*

In Your Name, Oh Allâh, I die and I live.¹⁴⁰

١٠٧ - «سُبْحَانَ اللَّهِ (ثَلَاثًا وَثَلَاثِينَ) وَالْحَمْدُ لِلَّهِ (ثَلَاثًا وَثَلَاثِينَ) وَاللَّهُ أَكْبَرُ (أَرْبَعًا وَثَلَاثِينَ)».

107. *Subhaan Allaahi, — Wal-hamdu lillaahi, — Wallaahu Akbar*

Glory to Allaah (thirty-three times in Arabic), praise is to Allaah (thirty-three times), Allaah is Most Great (thirty-four times).¹⁴¹

١٠٨ - «اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَرَبَّ الْعَرْشِ الْعَظِيمِ، رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ، فَالِقَ الْحَبِّ وَالنَّوَى، وَمُنْزِلَ التَّوْرَةِ وَالْإِنْجِيلِ، وَالْفُرْقَانِ، أَعُوذُ بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ آخِذٌ بِنَاصِيَّتِهِ. اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ، وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ، اقْضِ عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ».

108. *Allaahumma Rabbas-samaa-waatis sab'i wa Rabbal-'Arshil*

¹³⁸ "When the Prophet ﷺ wanted to lie down to sleep, he used to place his right hand under his cheek and say..."

¹³⁹ Abu Dawud 4/311. See also Al-Albâni, *Sahih At-Tirmithi* 3/143.

¹⁴⁰ Here, dying and living are metaphors for sleep and wakefulness. This explains why the normal order of these words has been reversed in this *Hadith*. In other contexts the living is mentioned before dying. See Qur'ân 2:258, 3:156, 7:158 among many other examples, (trans.). See also Al-Asqalâni, *Fath Al-Bâri* 11/113, Muslim 4/2083.

¹⁴¹ Al-Bukhâri, cf. Al-Asqalâni, *Fath Al-Bâri* 7/71, Muslim 4/2091.

69. Invocations before eating

179. When anyone of you begins eating, say:

بِسْمِ اللَّهِ *Bismillaah.*

"In the Name of Allâh."

And if you forget then, when you remember, say:

«بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ»

Bismillaahi fee awwalihi wa aakhirih.

"In the Name of Allâh, in the beginning and in the end."²²⁰

Whomever Allâh has given food, should say:

«اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ» ١٨٠

180. *Allaahumma baarik lanaa feehi wa at'imnaa khairan minhu.*

"Oh Allâh, bless us in it and provide us with better than it."

Whomever Allâh has given milk to drink, should say:

«اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ»

Allaahumma baarik lana feehi wa zidnaa minhu.

"Oh Allâh, bless us in it and give us more of it."²²¹

70. Invocations after eating

«الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا، وَرَزَقَنِيهِ، مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ» ١٨١

181. *Al-hamdu lil-laahil-lathee at' amanee haatha, wa razaqaneehi, min ghairi hawlin minnee wa laa quwwatin.*

Praise is to Allâh Who has given me, this food, and sustained me with it though I was unable to do it and powerless.²²²

«الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، غَيْرَ [مَكْفِيٍّ وَلَا] مُوَدَّعٍ، وَلَا مُسْتَغْنَى عَنْهُ رَبَّنَا» ١٨٢

²²⁰ Abu Dawud 3/347, At-Tirmithi 4/288. See Al-Albâni's *Sahih At-Tirmithi* 2/167.

²²¹ At-Tirmithi 5/506. See also Al-Albâni, *Sahih At-Tirmithi* 3/158.

²²² At-Tirmithi, Abu Dawud, and Ibn Mâjah. See also Al-Albâni, *Sahih At-Tirmithi* 3/159.

182. *Al-hamdu lillaahi hamdan katheeran tayyiban mubaarakan feehi, ghaira [makfiyyin wa laa] muwadda'in, wa laa mustaghnan 'anhu Rabbana.*

All praise is to Allâh, praise in abundance, good and blessed. It cannot [compensated for, nor can it] be left, nor can it be done without, our Lord.²²³

71. A dinner guest's invocation for his host

«اللَّهُمَّ بَارِكْ لَهُمْ فِيْمَا رَزَقْتَهُمْ، وَاعْفِرْ لَهُمْ وَارْحَمَهُمْ» ١٨٣

183. *Allaahumma baarik lahum feemaa razaqtahum, waghfir lahum war-hamhum.*

Oh Allâh, bless them in what You have provided for them, and forgive them and have mercy on them.²²⁴

72. Invocation for someone who gives you drink or offers it to you

«اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَاسْقِ مَنْ سَقَانِي» ١٨٤

184. *Allaahumma at'im man at' amanee wasqi man saqaanee.*

Oh Allâh, feed the one who has fed me and give drink to the one who has given me drink.²²⁵

73. Invocation for a family who invites you to break your fast with them

«أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ، وَأَكَلَ طَعَامُكُمْ الْأَبْرَارُ، وَصَلَّتْ عَلَيْكُمْ الْمَلَائِكَةُ» ١٨٥

185. *Aftara 'indakumus-saa'imoona, wa akala ta'aamakumul-abraaru, wa sallat 'alaikumul-malaa'ikatu.*

With you, those who are fasting have broken their fast, you have fed those who are righteous, and the angels recite their prayers

²²³ Al-Bukhâri 6/214, At-Tirmithi 5/507.

²²⁴ Muslim 3/1615.

²²⁵ Muslim 3/126.

124. What to say when you feel a pain in your body

244. Put your hand on the place where you feel pain and say:

بِسْمِ اللَّهِ *Bismillaah*

"In the Name of Allâh" three times. Then say:

«أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ»

A'uthu billaahi wa qudratihi min sharri maa ajidu wa uhaathiru.

"I seek refuge in Allâh and in His power from the evil of what I find and of what I guard against."²⁸⁶

125. What to say when you fear you may afflict something with the evil-eye

245. If you see anything of your brother that pleases you, or of his person or of his property [then ask Allâh to bless him in it] for the envious eye is real.²⁸⁷

126. What to say when you feel frightened

٢٤٦ - «لَا إِلَهَ إِلَّا اللَّهُ»

246. *La ilaaha illallaah!*

(There is none worthy of worship but Allâh!).²⁸⁸

127. What to say when slaughtering or sacrificing an animal

٢٤٧ - «بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ [اللَّهُمَّ مِنْكَ وَلَكَ] اللَّهُمَّ تَقَبَّلْ مِنِّي»

247. *Bismillaahi wallaahu Akbar [Allaahumma minka wa laka] Allaahumma taqabbal minnee.*

In the Name of Allâh, Allah is the Greatest! [Oh Allâh, from You and to You.] Oh Allâh, accept it from me.²⁸⁹

128. What to say to foil the devil's plots

٢٤٨ - «أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَلَا فَاجِرٌ مِنْ شَرِّ

²⁸⁶ Muslim 4/1728.

²⁸⁷ Ahmad 4/447, Ibn Mâjah, Malik. Al-Albâni graded it authentic in *Sahih Al-Jâmi' As-Saghir* 1/212. Also see Al-Arna'ut's checking of Ibn Al-Qayyim's *Zâd Al-Ma'âd* 4/170.

²⁸⁸ Al-Bukhâri, cf. Al-Asqalâni, *Fath Al-Bâri* 6/181, Muslim 4/2208.

²⁸⁹ Muslim 3/1557, Al-Baihaqi 9/287.

مَا خَلَقَ، وَبَرًّا وَذَرًّا، وَمِنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ، وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا، وَمِنْ شَرِّ مَا ذَرَأَ فِي الْأَرْضِ، وَمِنْ شَرِّ مَا يَخْرُجُ مِنْهَا، وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ، وَمِنْ شَرِّ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ».

248. *A'uthu bi kalimaatil-laahit-taammaatil-lati laa yujaawizu-hunna barrun wa laa faajirun min sharri maa khalaqa, wa bara'a wa dhara'a, wa min sharri maa yanzilu minas-samaa'i, wa min sharri maa ya'ruju feehaa, wa min sharri maa dhara'a fil-ardhi, wa min sharri ma yakhruju minhaa, wa min sharri fitanil-laili wan-nahaari, wa min sharri kulli taariqin illa taariqan yatruqu bi khairin yaa Rahman.*

I seek refuge in the Perfect Words of Allâh — which neither the upright nor the corrupt may overcome — from the evil of what He created, of what He made, and of what He scattered...from the evil of what descends from the heavens, and of what rises up to them...from the evil of what He scattered in the earth and of what emerges from it... from the evil trials of night and day, and from the evil of every night visitor, except the night visitor who comes with good. Oh Merciful One.²⁹⁰

129. Repentance and seeking forgiveness

249. Allâh's Messenger ﷺ said: "By Allâh, I seek the forgiveness of Allâh, and repent to Him more than seventy times in a day."²⁹¹

250. Allâh's Messenger ﷺ said: "Oh people, repent unto Allâh, for I verily I repent unto Him one hundred times a day."²⁹²

Allâh's Messenger ﷺ said: "Whoever says,

٢٥١ - «أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ»

251. *Astaghfirullaah al-'Adheemal-lathee laa ilaaha illa Huwal-Hayyul-Qayyoomu wa atoobu ilaihi*

'I seek the forgiveness of Allâh the Mighty, Whom there is none worthy of worship except Him, the Living, the Eternal, and I repent unto Him.'

²⁹⁰ Ahmad 3/419, with an authentic chain of narration, and Ibn As-Sunni (no. 637). Al-Arna'ut, graded its chain authentic in his checking of *Al-'Aqîdah At-Tahawîyyah* p. 133.

See also *Majma' Az-Zawâ'id*, 10/127.

²⁹¹ Al-Bukhâri, cf. Al-Asqalâni, *Fath Al-Bâri* 11/101.

²⁹² Muslim 4/2076.